

Safe sleep is
important to us.

⋮ This card offers some safe
⋮ sleeping tips we hope you
⋮ will consider.
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Safe Kids King County South is committed to helping all babies in our region sleep safe and sound.

For more information about **Safe Kids or Safe Sleep** please visit these websites or call the phone numbers listed below:

⋮ **Northwest Infant Survival and SIDS Alliance**

⋮ www.nisa-sids.org or 206-548-9290

⋮ **National Institute for Child Health and Human Development**

⋮ www.nichd.nih.gov/SIDS or 1-800-505-CRIB

⋮ **Safe Kids King County South**

⋮ www.safekidskingcountysouth.org or 253-372-7729

MultiCare 
**Mary Bridge Children's Hospital
& Health Center**

⋮ Center for Childhood Safety



Keep your baby safe while they sleep

Reduce the risk of Sudden Infant Death Syndrome (SIDS)

**While snuggling or feeding your baby in your bed is safe and fun
babies need their own - safe - sleep space when YOU are sleeping.**

NEVER let them sleep in adult beds, or on a couch or armchair.

